FRENCH · DINNER

Poulet aux Morilles (Chicken with Morels and Cream)

60 min · plus 1 h soaking the morels · Serves 4 · 763 kcal a serve

Video 12:40 · French Cooking Academy

Gluten-free ingredients · Nut-free

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A Franche-Comté classic of chicken simmered in a morel and sherry cream sauce: about 50 g of protein a serve, rich and filling, with no flour and about 8 g of net carbs.

Diet notes: Keto (8.4 g net carbs a serve).

Ingredients 9 · SERVES 4

- [ ] 4 **chicken breasts** (or thighs), lightly seasoned
- [ ] 2 pinches **sea salt**, plus salt for the chicken
- [ ] **black pepper**
- [ ] 15 g (1 tbsp) **unsalted butter**
- [ ] 2 **shallots**, finely sliced lengthways
- [ ] 40 g **dried morels** (the same as about 350 g fresh), soaked 1 h in about 200 ml hot water
- [ ] 150 ml **morel soaking liquid**, strained
- [ ] 100–150 ml **dry sherry** (not sweet)
- [ ] 500 ml **double cream**

Contains: Milk. Check labels on stock, sauces and spice mixes.

Method TIMES = THE MOMENT IN THE VIDEO

1. Soak the dried morels in about 200 ml hot water for at least an hour. Squeeze them out over a bowl, strain and keep the liquid, rinse the morels well to remove any grit, and halve the big ones. 1:50
2. Season the chicken. Melt the butter over low heat and, once foaming, colour the chicken 3–4 minutes a side. Set it aside. 4:52
3. In the same pan over medium heat, soften the shallots 1–2 minutes, add the morels for a minute or two, then add the sherry and reduce by half. 6:11
4. Pour in the strained morel liquid and reduce by half again. Season with salt (or a little stock), add the cream and boil for about 10 minutes until it thickens. 7:08
5. Return the chicken and its juices, spoon the sauce over, cover and simmer gently about 15 minutes until cooked through. Taste and adjust with a splash more sherry or morel liquid. 8:17

> **Tip** Serves 4 is our estimate (one piece each). In the video he seasons with a spoonful of chicken stock and uses about 120 ml sherry. He serves it with tagliatelle; for keto, use green beans.

The method is a summary in our words — the video shows every step.

One serve gives you 1 OF 4 · ESTIMATE

ENERGY	PROTEIN	CARBOHYDRATE	FIBRE	FAT	SODIUM
763 kcal	52 g	11 g	2.9 g	54 g	570 mg
3,190 kJ	105% of a day	8.4 g net · 5.5 g sugars	11% of a day	32 g saturated	25% of a day
		4% of a day		69% of a day	

Energy from net carbs 5% · protein 29% · fat 66% — fits keto: 8.4 g net carbs, 66% of the energy from fat

High in (20%+ of a day) Selenium 86% · Iron 70% · Vitamin B6 66% · Vitamin A 61% · Zinc 33% · Vitamin B12 32% · Omega-3 28% · Vitamin D 27% · Potassium 20%

Source of (10–19%) Magnesium 18% · Calcium 12% · Vitamin E 12%

Recipe and video: French Cooking Academy (@FrenchCookingAcademy) on YouTube — youtube.com/watch?v=1J6ADe12VwI, published 2 March 2018. All credit for the recipe goes to the cook; please watch and support their channel.

By Notbroken: the method summary, the diet notes and the nutrition estimate — worked out from the ingredient list with USDA FoodData Central values; % of a day compares one serve with the US FDA daily values on food labels (2,000 kcal). Brands, portions and cooking change the real numbers.

General information about food, not medical or dietary advice. Free, no sign-up: notbroken.io/eat/poulet-aux-morilles-chicken-morels-cream